

**CREW OFF DUTY**

GMT	CREW	ACTIVITY
06:00-06:10		Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30	<b>CDR</b>	BREAKFAST. <b>SM ПСС [Caution &amp; Warning Panel] Test (after breakfast)</b>
06:40-07:30	FE-5,FE-6	BREAKFAST
09:00-10:30	FE-6	Physical Exercise (ARED)
10:00-11:00	<b>CDR</b>	Physical Exercise (TVIS), Day 1
11:30-11:45	<b>CDR</b>	Private Family Conference (S+Ku-band)
13:00-14:00	<b>CDR,FE-6</b>	LUNCH
13:05-13:20	FE-5	Private Family Conference
13:20-14:20	FE-5	LUNCH
14:00-14:40	<b>CDR</b>	COX Maintenance. <b>SM and FGB Water Supply System (CBO), Sanitary And Hygienic Equipment (CFO), Flush Counter (CП), POTOK Air Purification System Data Calldowns</b>
14:20-15:20	FE-5,FE-6	Transfer Operations Dragon Prepack
15:25-16:55	<b>CDR</b>	Physical Exercise (ARED)
15:55-16:55	FE-5	Physical Exercise T 2
16:25-16:40	FE-6	Private Family Conference
16:40-17:40	FE-6	Physical Exercise (CEVIS)
16:55-18:25	FE-5	Physical Exercise (ARED)
18:25-18:55	.	Evening Work Prep
18:55-19:10	.	Daily Planning Conference (S-band)
19:10-19:30	.	Evening Work Prep
19:30-21:30	.	Pre-sleep
21:30-06:00	.	SLEEP
<b>Task List</b>	<b>CDR</b>	Preparation of reports for Roskosmos site
		ECON. Observations and Photography
		SEINER Ocean Observations

**Notes:**

1. SM Window #9 shutter opening is at crew discretion w/ **Report to MCC**
  2. See OSTP for references to US activities
  3. Pre-sleep ops: daily food prep, dinner, pre-sleep
- End of Radiogram